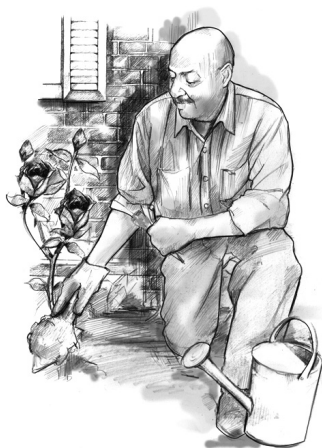


Can I be active with kidney failure?

Yes. Physical activity is an important part of staying healthy when you have kidney failure. Being active makes your muscles, bones, and heart stronger. Physical activity also makes your blood circulate faster so your body gets more oxygen. Your body needs oxygen to use the energy from food. If you are on dialysis, physical activity can help more wastes move into your blood for dialysis to remove them.

You will find that physical activity can also improve your mood and give you a sense of well-being.



Physical activity is an important part of staying healthy when you have kidney failure.

Talk with your doctor before you start an exercise routine. Start slow, with easier activities such as walking at a normal pace or gardening. Work up to harder activities such as walking briskly or swimming. Aim for at least 30 minutes of exercise most days of the week.

Where can I find help for coping with kidney failure?

When you start dialysis or are referred to a transplant center, you will meet many people who can help you. These people make up your health care team. Your health care team can help you with the emotional and physical problems and changes caused by kidney failure. Asking for help is not a sign of weakness. Talk with your family, friends, and health care team about your concerns.

Doctor. Your doctor can help you with many of the physical and emotional health problems caused by kidney failure. You will see your doctor often as you start dialysis or recover from transplant surgery. After a while, you will see your doctor regularly, though less often than at the beginning of treatment. If you have a transplant, you will see your doctor once or twice a month during the first 6 months after your transplant surgery. Then, if everything goes well with your new kidney, you only need to see your doctor once every 6 months.